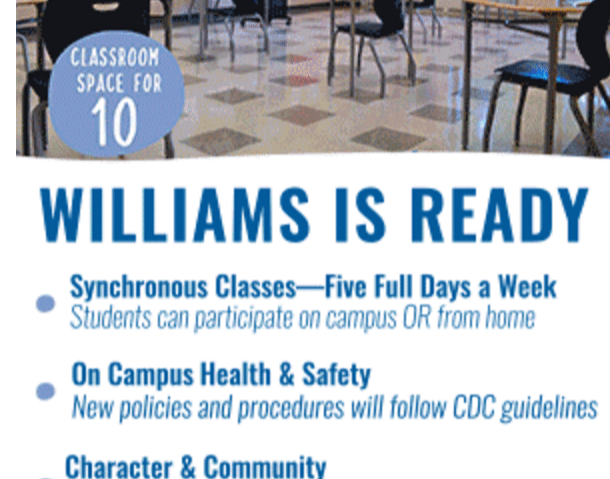




I miss the movies. My not-so-guilty pleasure on a rainy summer afternoon is a solo flick in air-conditioned comfort with a vat of popcorn. On sunny days it's not that difficult to keep my spirits up (or at least neutral) despite our global crises, but when the weather turns iffy, that's an entirely different story. Long endorphin-boosting walks, socially distant visits, and dinners-under-tents are off, the few things we CAN do this summer. This time of year, I usually write about my summer bucket list, so I'll write at it anyway. There's still plenty of time to get out on the water (if you don't have a boat or a friend with one, [see our article on where to set sail here](#)), rent a kayak or stand-up-paddle, and hit any newly outdoor restaurants I may have missed. And sneak in as many beach days as possible, as there is nothing better than an ocean view for settling an unquiet mind.

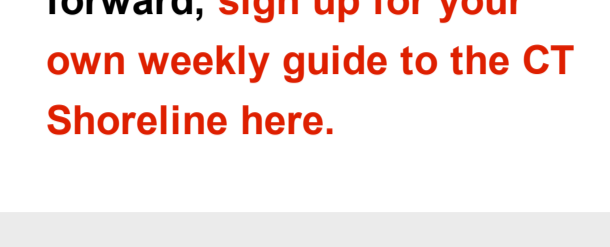
Happy August.

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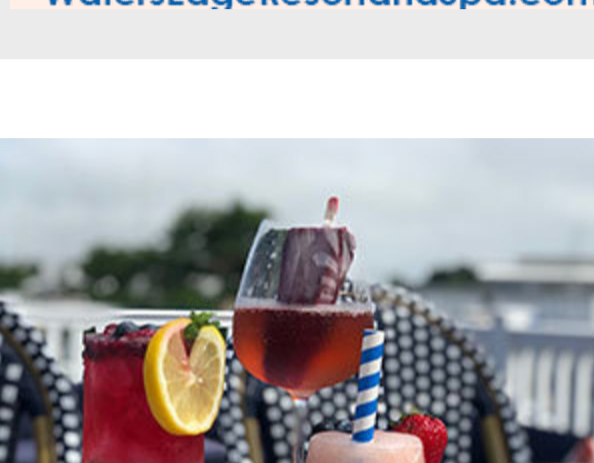
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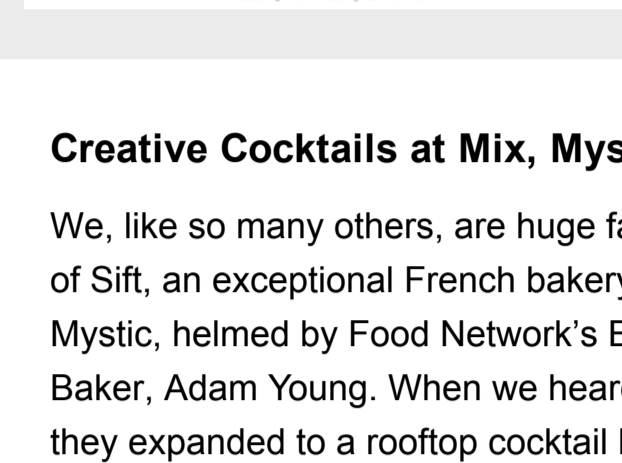


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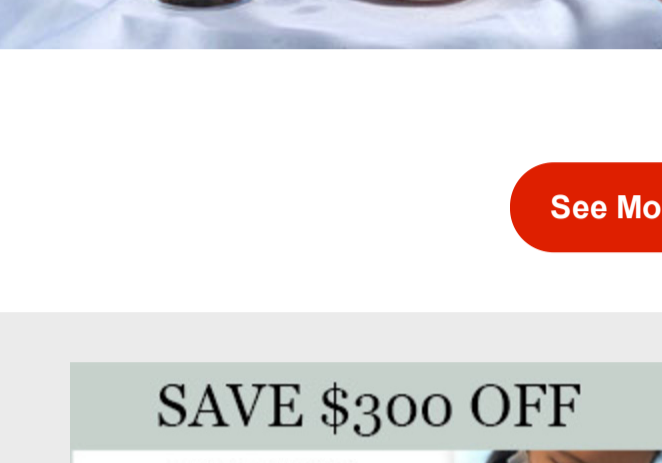
**p.s. if you received this as a forward, sign up for your own weekly guide to the CT Shoreline here.**



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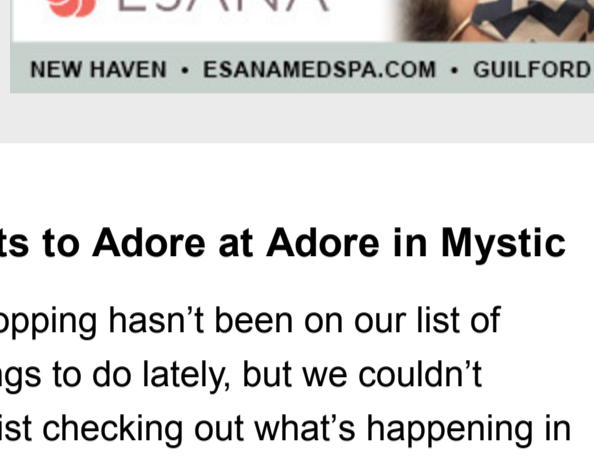
WHOLE HARMONY  
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## Creative Cocktails at Mix, Mystic

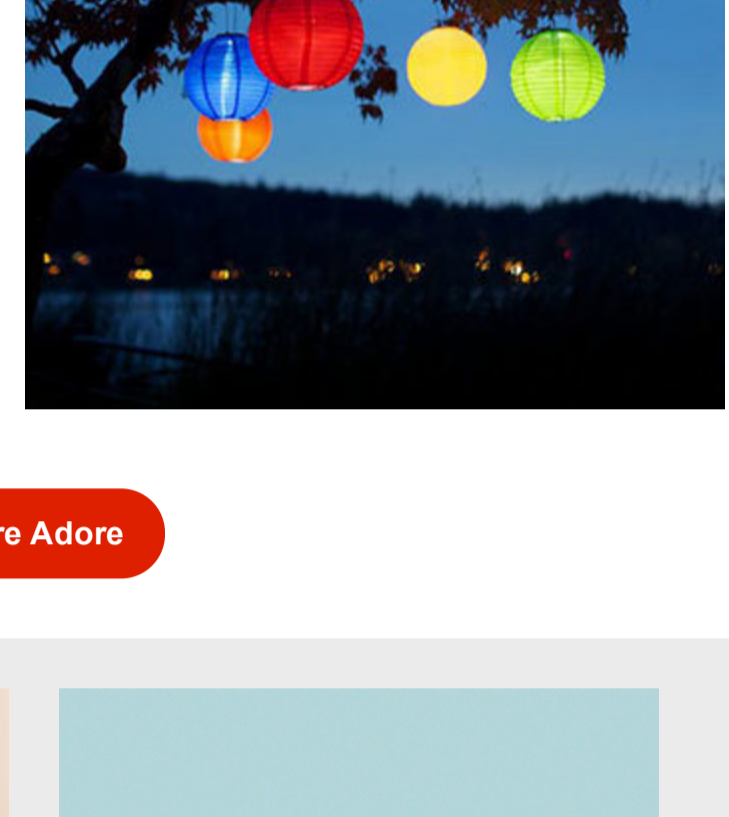
We, like so many others, are huge fans of Sift, an exceptional French bakery in Mystic, helmed by Food Network's Best Baker, Adam Young. When we heard they expanded to a rooftop cocktail bar, we KNEW it would be something special. And we were not wrong! Laura and I headed over on a bright day and wound our way upstairs to a sunny space with a cool seaside vibe...

[See More Cocktails](#)

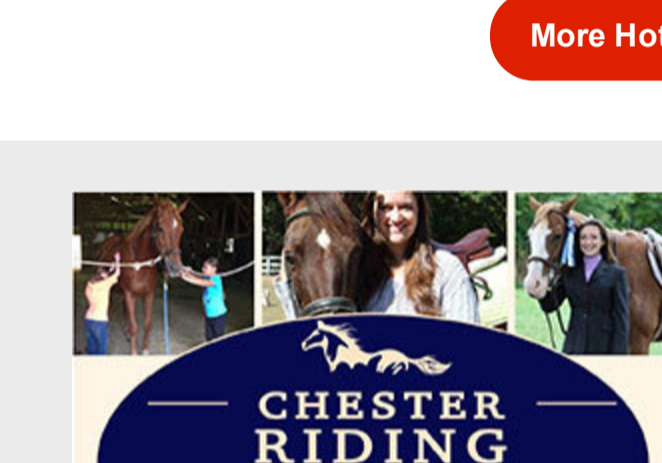
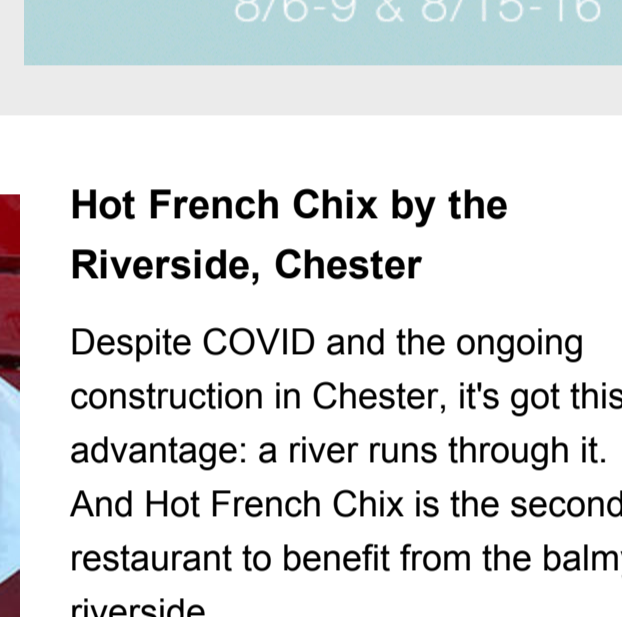
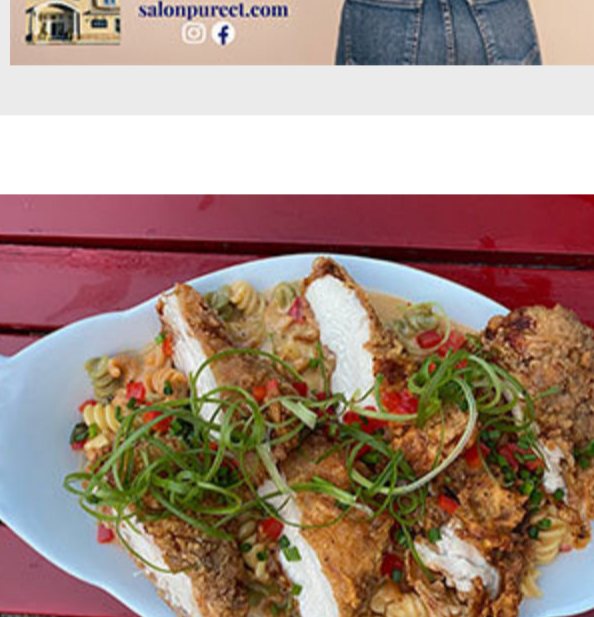


## Lots to Adore at Adore in Mystic

Shopping hasn't been on our list of things to do lately, but we couldn't resist checking out what's happening in Mystic. The streets and shops were not crowded on a Friday morning, and we felt safe popping in and out, masked up, with hand sanitizer at the ready. We've been meaning to stop in to Adore for a while now, and we were happy to finally see this well-merchandised shop...



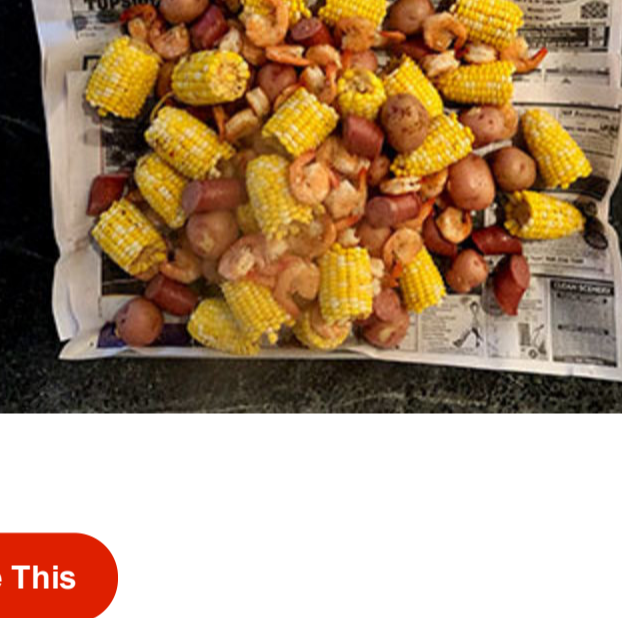
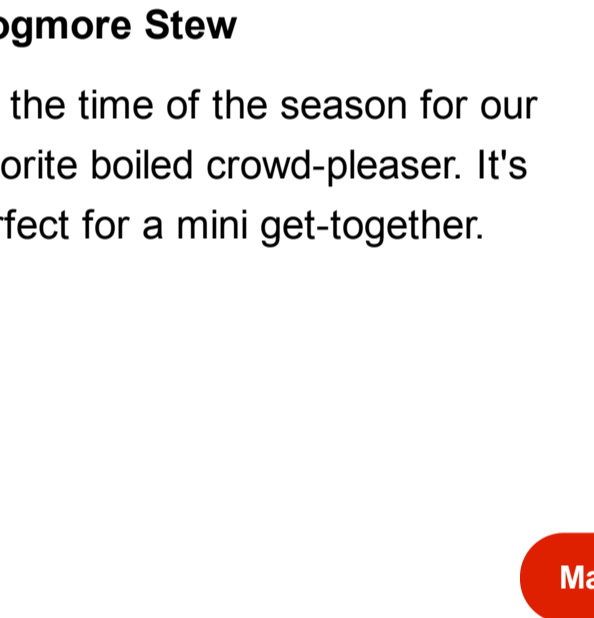
[More Adore](#)



## Hot French Chix by the Riverside, Chester

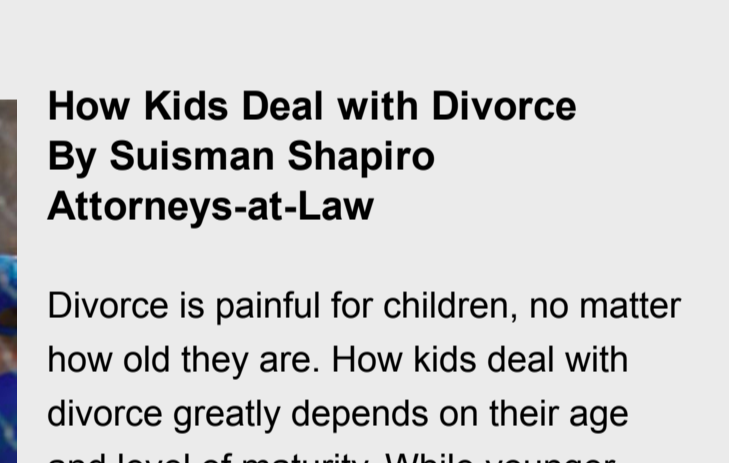
Despite COVID and the ongoing construction in Chester, it's got this advantage: a river runs through it. And Hot French Chix is the second restaurant to benefit from the balmy riverside...

[More Hot French Chix](#)



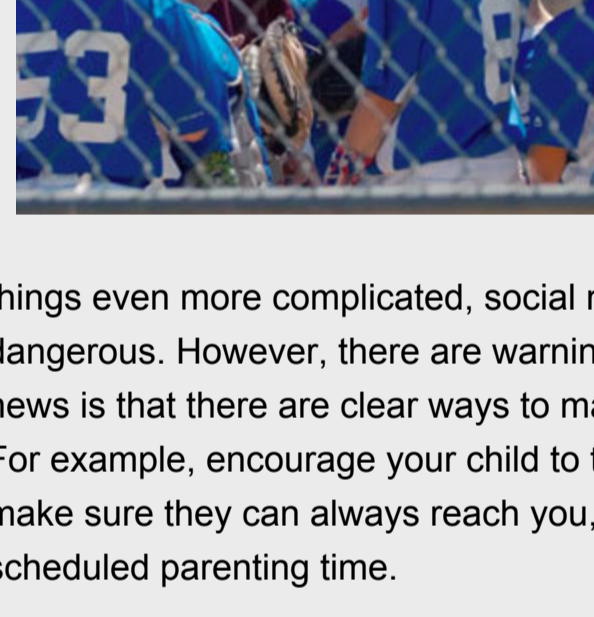
## Frogmore Stew

It's the time of the season for our favorite boiled crowd-pleaser. It's perfect for a mini get-together.



[Make This](#)

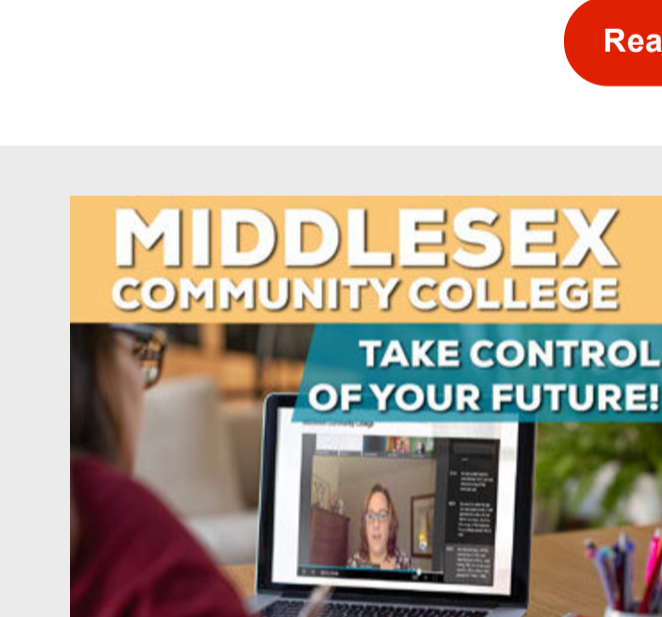
### Sponsored Story



## How Kids Deal with Divorce By Suisman Shapiro Attorneys-at-Law

Divorce is painful for children, no matter how old they are. How kids deal with divorce greatly depends on their age and level of maturity. While younger children may cling to parents, teenagers often pull away and become uncharacteristically rebellious. To make things even more complicated, social media has made the landscape much more dangerous. However, there are warning signs you can look out for, and the good news is that there are clear ways to make separation and divorce easier for kids. For example, encourage your child to talk about his/her feelings. Be available and make sure they can always reach you, even if it's during the other parent's scheduled parenting time. It is achievable to have an amicable divorce and start a healthy new life for both you and your children. **Attorney Rob Tukey** concentrates in family law and can help parents navigate through this difficult process. He practices at **Suisman Shapiro**, the largest law firm in eastern Connecticut.

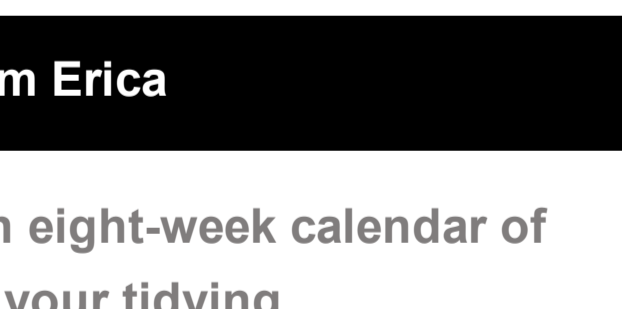
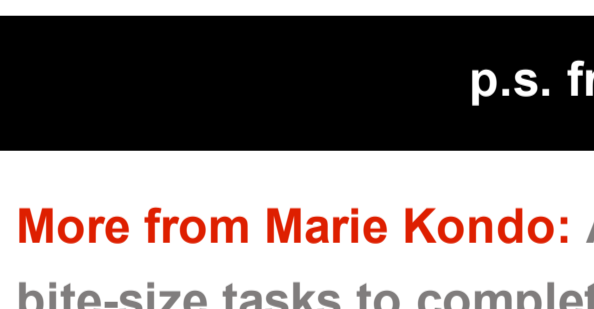
[Learn More](#)



Last week we shared a list of local spots to stay, an expanded farmers' market in Guilford, and a burger with a view in Old Lyme.

[Read it here if you missed it.](#)

[Read it Here](#)



## p.s. from Erica

**More from Marie Kondo:** An eight-week calendar of bite-size tasks to complete your tidying.

**Here's a yummy way** to spice up your corn.

## From The E List Events Calendar

**2020 Open Trails at I-Park, Now Open**  
Power off those screens and experience a system of art and nature trails filled with site-responsive ephemeral art. [Read more...](#)

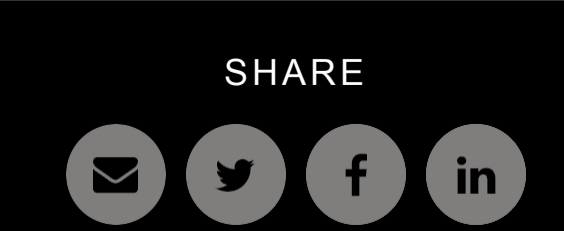
**Just Hatched's Annual Tent Sale Event, 8/6 - 8/9, 8/15 & 8/16**  
Up to 75% off at this anticipated annual sale featuring brands such as Tea, Pink Chicken, Egg, Petit Bateau, and many more. [Read more...](#)

**Outdoor Red Barn Yoga Classes, Now Open**  
Feel like a kid again with outdoor yoga classes for all ages and abilities. [Read more...](#)

Wondering what else is open out there? Find alfresco dining, curbside pickup, outdoor activities, and more on The E List events calendar:

[BROWSE THE CALENDAR](#)

### CONNECT



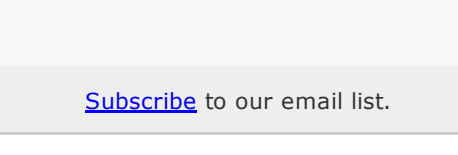
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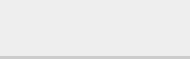
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